



NEWS RELEASE

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Utah Businesses Recognized for Worksite Wellness Programs

(Salt Lake City, UT) – The 2002 Winter Olympic Games legacy continues this week as 37 of Utah's approximately 50,000 businesses "medaled" for making a difference in the health and well-being of their employees. The businesses received Bronze, Silver, Gold or Gold Plus awards from the Utah Council for Worksite Health Promotion (UCWHP), in partnership with A Healthier You 2002™ (AHY2002) Legacy Awards program.

"This is the first set of awards given under the new AHY2002 Legacy Awards program, says Kim Wirthlin, Assistant V.P. for Legislative & Public Affairs, University of Utah Health Sciences, a partner in the AHY2002 program. "AHY2002 was the largest health initiative in Olympic Games history and now will continue post-Olympics by recognizing efforts to promote health in worksites, schools, communities and college campuses."

"The AHY2002 program was a cutting edge project for the Salt Lake Winter Games that embodied the spirit of the Olympics," says Scott D. Williams, M.D., Deputy Director, Utah Department of Health. "It encouraged Utahns throughout the state to adopt a gold medal lifestyle that featured a healthy diet and physical activity." AHY2002 was a huge success with more than 90,000 Utah residents and visitors walking a Gold Medal Mile.

The award recipients exemplify companies that provide activities such as walking and weight loss programs, fitness and preventive screenings, stress management and incentive programs for healthy behavior changes, environmental supports for worksite wellness including flex time release policies for exercise, and healthy nutrition choices in cafeterias and vending machines. One of this year's Gold Level Plus award recipients, Fairchild Semiconductor, has taken an active role in providing workplace health and fitness initiatives for their employees. "We're pleased to be among the many organizations in Utah involved in promoting work-

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place fitness and wellness,” said Erv Logan, Fairchild’s managing director of the West Jordan facility. “Fairchild is committed to investing in and supporting employee health and wellness initiatives and we believe it helps to reduce absenteeism and healthcare costs and enhances overall employee productivity.”

AHY2002 Legacy Awards program is offered to four target groups; worksites, schools, communities and college campuses. Worksite awards will be given each year in the winter, schools in the spring, communities in the summer and college campuses in the fall. Each group may qualify for awards by implementing policies, making infrastructure changes and achieving positive health outcomes in five areas of health – physical activity, nutrition, safety, healthy behaviors and preventative screenings.

The 2002 worksite award recipients are:

Gold Level Plus – American Express, Brigham Young University, Davis County, Discover Card, Fairchild Semiconductor, Healthy Utah, Intermountain Health Care, Novell, Provo City, Salt Lake County, Schreiber Foods, Ultradent, US Forest Service, and Utah Transit Authority;

Gold Level - Chevron, College of Eastern Utah, Intermountain Power Services Corp., NuSkin, Pepperidge Farm, Regence Blue Cross Blue Shield, and Salt Lake County Fire;

Silver Level - Abbot Laboratories, Convergys Corp., Delta Air Lines Reservations, Honeywell, ICON Health and Fitness, Mountain America Credit Union, Murray City Corp, Summit County, TRW, USANA Health Sciences, Utah County, Verizon Wireless, and Workforce Solutions;

Bronze Level - Children’s Miracle Network, State Bank of Southern Utah, and Trailside Elementary School.

Partners of the AHY2002 Legacy Awards program include: Utah Department of Health, University of Utah Health Sciences, Utah State Division of Substance Abuse and Mental Health, Utah Medical Association, Utah Nurses Association, Utah’s Local Health Departments, Utah Hospital and Health Systems Association, Utah Council for Worksite Health Promotion, Utah Public Health Association, The 5 A Day Association of Utah, Primary Children’s Medical Center, and the Utah Recreation and Parks Association.

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